

Saturday 12th January 2019

Event No.	Call Room	Start Time	Event	Age Group and Gender	Stage
T1	10.20	10.30	60m Hurdles	U17 Women	Heats
T2	10.26	10.46	60m Hurdles	SW	Heats
T3	10.44	10.54	60m Hurdles	U17 Men	Heats
T4	10.52	11.02	300m	U17 Women	Heats
T5	11.12	11.22	400m	U20 Women	Heats
T6	11.18	11.28	400m	Senior Women	Heats
T7	11.30	11.40	400m	U17 Men	Heats
T8	11.46	11.56	400m	U20 Men	Heats
T9	12.02	12.12	400m	Senior Men	Heats
T10	12.22	12.32	1500m	Senior Men	Heats
T11	12.40	12.50	60m Hurdles	U17 Women	Final
T12	12.44	12.54	60m Hurdles	U20 Women	Final
T13	12.48	12.58	60m Hurdles	Senior Women	Final
T14	12.52	13.02	60m Hurdles	U17 Men	Final
T15	12.56	13.06	60m Hurdles	U20 Men	Final
T16	13.00	13.10	60m Hurdles	Senior Men	Final
T17	13.14	13.14	300m	U17 Women	Semi Finals
T18	13.12	13.22	400m	U20 Women	Semi Finals
T19	13.20	13.30	400m	Senior Women	Semi Finals
T20	13.28	13.38	400m	U17 Men	Semi Finals
T21	13.36	13.46	400m	U20 Men	Semi Finals
T22	13.44	13.54	400m	Senior Men	Semi Finals
T23	13.52	14.02	60m	U17 Women	Heats
T24	14.20	14.30	60m	U20 Women	Heats
T25	14.42	14.42	60m	Senior Women	Heats
T26	14.42	14.54	60m	U17 Men	Heats
T27	15.08	15.18	60m	U20 Men	Heats
T28	15.28	15.38	60m	Senior Men	Heats
T29	15.48	15.58	300m	U17 Women	Final
T30	15.52	16.02	400m	U20 Women	Final
T31	15.56	16.06	400m	Senior Women	Final
T32	16.00	16.10	400m	U17 Men	Final
T33	16.04	16.14	400m	U20 Men	Final
T34	16.08	16.18	400m	Senior Men	Final
T35	16.12	16.22	60m	U17 Women	Semi Finals
T36	16.20	16.30	60m	U20 Women	Semi Finals
T37	16.28	16.38	60m	Senior Women	Semi Finals
T38	16.36	16.46	60m	U17 Men	Semi Finals
T39	16.44	16.54	60m	U20M	Semi Finals
T40	16.52	17.02	60m	Senior Men	Semi Finals
T41	17.00	17.10	1500m	U17 Women	Final
T42	17.06	17.16	1500m	U20 Women	Final
T43	17.12	17.22	1500m	Senior Women	Final
T44	17.18	17.28	1500m	U17 Men	Final
T45	17.24	17.34	1500m	U20 Men	Final
T46	17.30	17.40	1500m	Senior Men	Final

T47	17.36	17.46	60m	U17 Women	Final	
T48	17.40	17.50	60m	U20 Women	Final	
T49	17.44	17.54	60m	Senior Women	Final	
T50	17.48	17.58	60m	U17 Men	Final	
T51	17.52	18.02	60m	U20 Men	Final	
T52	17.56	18.06	60m	Senior Men	Final	
Saturday	Call Room	Warm Up	Start Time	Event	Age Group and Gender	Stage
F1	09.45	09.55	10.15	Shot Put	U20W	FINAL
F2	09.30	09.45	10.15	Long Jump	U17M	FINAL
F3	10.15	10.30	11.00	Long Jump	SW	FINAL
F4	10.50	11.00	11.15	Shot Put	SM	FINAL
F5	10.00	10.30	11.30	Pole Vault	SW/U20M	FINAL
F6	10.40	11.00	11.45	Long Jump	U17W - Pool A	FINAL
F7	10.40	11.00	11.45	Long Jump	U17W - pool B	FINAL
F8	12.00	12.15	13.00	Triple Jump	SM	FINAL
F9	12.30	13.00	14.00	Pole Vault	U17W	FINAL
F10	13.00	13.15	14.00	Triple Jump	U20M	FINAL
F11	14.20	14.30	14.45	Shot Put	SenW	FINAL
F12	13.45	14.00	14.45	Triple Jump	U20W	FINAL
F13	14.15	14.30	15.00	Triple Jump	U17M	FINAL
F14	14.50	15.00	15.15	Shot Put	U20M	FINAL